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**CLAIMS**

1. A helical formation for a conduit, the helical formation comprising an elongate member defining at least a portion of a helix, the elongate member comprising an inwardly extending portion, the inwardly extending portion extending along the length of the elongate member and extending inwardly from the internal side walls of the conduit for a distance equal to between 10% and 80% of the distance from the longitudinal axis of the conduit to an internal side wall.
- 10 2. A helical formation according to claim 1, wherein the inwardly extending portion extends inwardly for a distance equal to between 40% and 70% of the distance from the longitudinal axis of the conduit to an internal side wall.
- 15 3. A helical formation according to claim 2, wherein the inwardly extending portion extends inwardly for a distance equal to between 40% and 60%.
4. A helical formation according to claim 3, wherein the inwardly extending portion extends inwardly for a distance equal to between 45% and 55%.
- 20 5. A helical formation according to claim 4, wherein the inwardly extending portion extends inwardly for a distance equal to substantially 50% of the distance from the longitudinal axis of the conduit to an internal side wall.
- 25 6. A helical formation according to any of the preceding claims, wherein the conduit has a circular cross-section, and the distance that the inwardly extending portion extends inwardly is a percentage of the radius of the conduit.
- 30 7. A helical formation according to any of the preceding claims, the helical formation comprising two or more inwardly extending formations, arranged in side-by-side relationship extending along the length of the elongate member.
8. A conduit comprising a helical formation according to any of the preceding claims, wherein the helical formation is mounted on a side wall of the conduit.

9. A conduit according to claim 8, wherein the helical formation is in the form of an insert adapted to be inserted into the conduit.
10. A conduit according to claim 9, wherein the insert is removable from the conduit.
11. A conduit according to 8, wherein the helical formation is an integral part of a side wall of the conduit.
- 10 12. A conduit according to claim 11, wherein the helical formation is formed by a deformation of a portion of the side wall of the conduit.
13. A conduit according to any of claims 8 to 12, wherein the conduit comprises blood flow tubing for use in the human or animal body.
- 15 14. A conduit according to claim 13, wherein the blood flow tubing may comprise a vascular graft.
15. A conduit according to any of claims 8 to 14, wherein the conduit comprises a stent for insertion into blood flow tubing in the human or animal body.